

June 2021

# Carver Council on Aging

## **IMPORTANT UPDATE: CARVER COA RETURNS TO REGULAR SCHEDULE JUNE 1ST**

### **Letter from the Director:**

Spring is the season of new beginnings, giving us a sense of hope, renewal, and inspiration. After endless months of restrictions and isolation, we have gained a unique perspective on our old routines and a restored desire to make a fresh start to take on new challenges.

The Carver Council on Aging, itself, has undergone its own renewal during this pandemic. For years, we have all recognized the need to update the Nutrition Center and kitchen, but budgets and timing have never aligned. My challenge was to find a way for all or part of this project to be covered by CARES ACT funding. The support of the COA Board of Directors, the persistence of Chair Donna Forand and the additional funding provided through Interim Town Administrator, Rick LaFond, were significant in achieving this elusive undertaking.

Many thanks to Operations and Maintenance Director Dave Siedentopf and his crew, particularly,

Paul Finlay who spent months installing ceiling tiles and painting every inch of the Nutrition Center. The COA staff, volunteers including Paul Kelly and the students of Silver Lake High School were all instrumental in helping this project advance.

All of these renovations have taken place while the COA has been open in a limited capacity since August 2020. Coffee Hours, Grab 'N' Go Lunches, craft activities and remote programs were offered during this time. Meals on the Move deliveries, GATRA bus transportation and Outreach services continued without interruption.

To celebrate our new updates and refreshed atmosphere, we are holding an **Open House Event on June 19th** from 10 am to 1 pm, with a ceremonial ribbon cutting, brief tours, live music, raffle drawings and a "Remembrance Tree" dedication with more details below.

So, let's celebrate renewal, restoration and reuniting at the Council on Aging!

## **OPEN HOUSE** *Come See What's New!*

**Join us Saturday, June 19th for an Open House from 10:00 am to 1:00 pm at the Carver Council on Aging.**

- 10:00 am** - Welcome Back messages and Ribbon Cutting
- 10:00 am to 12:30 pm** - Walk-thru tours of the Historic Marcus Atwood House with volunteer guides throughout.
- 10:00 am to 1:00 pm** - Live Music w/ Jazz Band "Midnight Harvest".
- 10:00 am to 1:00 pm** - Friends table with Membership Drive and Raffle Drawings, Information tables represented by Carver EMS, Police and Fire. Craft table with "Remembrance Rocks" activity.
- 12:30 pm** - "Remembrance Tree" Dedication w/ Rev. Lawrence Smith
- 1:00 pm** - Door Prize, Raffle Drawings and Conclusion.



### **RED SOX TICKETS DOOR PRIZE!**

Courtesy of Plymouth County Commissioner  
Jared Valanzola



#### **COUNCIL ON AGING**

Monday -Thursday  
9 AM-3 PM  
Friday 9 AM-12PM  
48 Lakeview St., South Carver  
**508-866-4698**

#### **COA DIRECTOR**

**Connie Kelly**  
Monday-Friday  
8 AM-4 PM  
**508-866-4698 x3**  
connie.kelly@carverma.gov

#### **BOARD OF DIRECTORS**

Donna Marie Forand-Chair  
Claudia Miller-Vice Chair  
Helen Marrone-Secretary  
Savery Moore  
Nancy Ryan  
Stephanie Clougherty Alt.  
Paula Hitchcock Alt.

#### **FRIENDS OF THE CARVER COA**

Ron Clarke - President  
Paul M Kelly -Vice President  
Madeline Joyce -Treasurer  
Jackie Rogerson - Secretary  
**508-866-4698**

*The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.*

# GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

## PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

**Call in advance to CANCEL a reservation.**

*Messages can be left after hours.*

**DO NOT call the drivers directly!**

## UPDATED SCHEDULE

At the time of this printing, Gatra Bus Service capacity remains at 2 passengers maximum per bus and masks will be required through September.

\*Council on Aging

\* Doctor's Appointments

\* Pharmacy Runs

\* Grocery Shopping at Shaw's Carver Only  
Wednesdays and Fridays

## GATRA Bus FAQs

**What towns does GATRA provide rides to?**

Transportation is provided to the towns adjacent to Carver.

**What is the fee for riding the GATRA bus?**

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

**How do I schedule a ride?**

Call **508-866-4698 x-1** prior to 12 pm the day before.

### IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

The Plymouth County Sheriff Department's **Free Safety Assurance program** is a computerized telephone system that places a call to a participant at a pre-arranged time each day. Calls are received between 6 am and noon. **To enroll, call 508-830-6256.**



**LOAN CLOSET** (please call before dropping off items)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

## COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

## VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.

## LEGAL ADVICE RETURNS TO THE COA

Attorney-At-Law Lawrence L. Hale is available to meet with seniors, by appointment only, for free legal advice and counseling in 15 minute appointments on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3**.

## ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time.

## FRIENDS OF THE CARVER COUNCIL ON AGING

**Annual membership is \$10** which supports COA activities, events, performances and trips!

*Checks can be sent to:* Friends of the Carver COA, PO Box 72, Carver, MA 02330, Attn: Madeline Joyce.

**Stop by our table at the COA Open House June 19th!**

## SENATOR PACHECO

Call **508-822-3000** or **617-722-1551**

to see if you can schedule an appointment.

## STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to schedule an appointment.

## WELLNESS CLINICS RETURN STARTING JUNE 1ST

Carver EMS is providing weekly blood pressure clinics as well as monthly glucose and cholesterol screenings every Tuesday from 9:30 am - 11:30 am. Drop-in.

## HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$20 for a cut, cut and blow dry \$30. Call **508-866-4698 x3** to make an appointment.

## COA Board of Directors Bulletin Board

The Carver Council on Aging Board of Directors is Excited for the Open House and The New Renovations Of The COA! Stop by and say hello on June 19th! Thanks to the staff at The Carver Council on Aging, all the volunteers and Town Operations Staff who worked hard over the last year! Next BOD Meeting: Thursday, June 24th at 4:30 pm at the COA.

## GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

**508-866-4698 x 1**

## OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Coordinator

Tuesday - Thursday

9 AM - 3 PM

**508-866-4698 x 2**

## NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

**508-866-4698 x 4**

Lunch weekdays at 11:45

**THE RETURN OF LUNCH SERVICE  
REPLACES COFFEE HOURS AND  
GRAB 'N' GO LUNCHES**

**WEEKLY ACTIVITIES**

**OIL PAINTING CLASSES**

FREE with Jim Collins. Tues. 1 PM.  
Call to register at 508-866-4698 x3.

**ACRYLIC PAINTING CLASSES**

FREE with Jim Collins. Wednesdays  
at 5 PM. Call to register at 508-866-  
4698 x3.

**MONTHLY ACTIVITIES**

**COFFEE WITH  
THE CHIEF**

Every second  
Tuesday at 10:30 AM  
meet Police Chief,  
Marc Duphily, who will listen to any of  
your questions or concerns and will  
also collect any expired or unused  
prescription drugs.



**SINGO IS BACK!**  
with Jim the DJ Guy on the first  
Monday of the month - 12 PM. *Drop in.*

**BASKET WEAVING** w/ Patty Batson.  
1st & 3rd Fridays at 9:30 AM. **\$15 per  
class.** Register at 508-866-4698 x3

**FOOTCARE**

If you need pedicare, call Dr. John  
McLaughlin (podiatrist) at 781-738-  
3472 or BID Podiatry Clinic 116 Court  
St., Plymouth 508-747-1973.



**COME PLAY ONLINE  
ZOOM BINGO**

WEDNESDAYS AT 10AM

SPONSORED BY INTEGRITY  
FIRST REAL ESTATE

Cindy/Cheryl Team  
508-904-0610

Please call to receive a game board by mail  
or email (to print out).

The same board is used each week.

Fun prizes will be delivered to winners  
(following all safety protocols).

**WHAT'S HAPPENING THIS MONTH**

**WEEKLY CRAFT CLASSES**

Wednesdays at 10:00 am

Please call 508-866-4698 x3 to  
register. *Supplies may be limited.*

Tissue  
Paper  
Mosaic  
Butterfly  
6/2



Painted  
Daisy  
Mini Tote  
6/9

Remembrance  
Rocks  
6/16



Beaded  
Butterfly  
Suncatcher  
6/23

Patriotic  
Paper  
Star  
6/30



**AARP ZOOM PROGRAM: ESTATE  
PLANNING - WILLS & TRUSTS**

Join us for a workshop about build-  
ing and preserving family wealth  
through estate planning.

Thursday, June 3rd 6:00p - 7:30p

Register at:

<https://aarp.cvent.com/finplan>

**"EATING THE RAINBOW"**

with BID Dietitian Marcia Richards  
Friday, June 11th at 10:00 am

Learn how to choose foods of  
different colors with a demo of an  
easy-to-prepare recipe. Participants  
will receive a Free salad shaker.

Please register at 508-866-4698 x3.

**THE HISTORY OF JAZZ  
PRESENTATION AND PERFOR-  
MANCE WITH PAUL SPEIDEL**



**MC** This program is supported in part by a  
grant from the Carver Cultural Council, a  
local agency which is supported by the  
Mass Cultural Council, a state agency.

Monday, June 14th at 12:00 pm

**OUTDOOR CHAIR YOGA**

with Mary Wilson

of Wild Divinity Yoga

Monday, June 21st at 9:00 am

Suggested \$5 donation.

Register at 508-866-4698 x-3



**MONTHLY BEREAVEMENT  
SUPPORT GROUP**

with Rev. Lawrence Smith of Contin-  
uum Hospice Care

Every 4th Friday from 10-11

Register at 508-866-4698 x-3.

**FOOD PANTRY**

Shane Gives Thanks - 128 Main St.  
Tues./Thurs - 8 - 1

\*Wed 1 - 4

Sat/Sun/Mon - Closed

\*Wed. is Veteran's Shopping Day  
508-866-7673

**MEALS ON THE MOVE**

The COA provides prepared meals  
for homebound elders.

Monday - Friday

Daily Cost: \$3.00

Call the Nutrition Center at  
508-866-4698 x 4

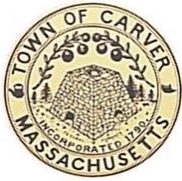
**SHINE PROGRAM**

**Health Insurance Counseling**

Appointments via phone or email  
only available at this time.

Please call the Regional Office at  
the Middleboro COA at  
1-800-AGE-INFO (1-800-243-4636)





CARVER COUNCIL ON AGING  
P.O. BOX 618  
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts  
U.S. Postage PD  
#37  
Carver, MA 02330

<div>  <h1>2021 JUNE</h1>  </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Regular Lunch Service is Back!</b> <i>Be sure to call June in the Nutrition Center to make a reservation for lunch by noon the day before (on Fridays for Mondays).</i> 508-866-4698 x5		<b>1</b> Wellness Clinic 9:30 - 11:30 am Drop-in  Lunch 11:45 am  Oil Painting 1:00 pm	<b>2</b> Tissue Paper Mosaic Butterfly Craft 10:00 am  Lunch 11:45 am  Acrylic Painting 5	<b>3</b> Lunch 11:45 am  AARP Estate Planning Zoom Program 6:00 - 7:30 pm	<b>4</b> Basket Weaving w/Patty Batson 9:30 am  Lunch 11:45 am	<b>5</b>
<b>6</b>	<b>7</b> Lunch 11:45 am  SINGO! with Jim the DJ Guy 12:00 pm Drop-in	<b>8</b> Wellness Clinic 9:30 - 11:30 am Coffee w/ the Chief 10:30 am  Lunch 11:45 am  Oil Painting 1:00 pm	<b>9</b> Painted Daisy Mini Tote Craft 10:00 am  Lunch 11:45 am  Acrylic Painting 5	<b>10</b> Atty. Hale Appointments 10:00 am  Lunch 11:45 am	<b>11</b> "Eating the Rainbow" Live Demo with Marcia Richards 10:00 am  Lunch 11:45 am	<b>12</b>
<b>13</b>	<b>14</b> Lunch 11:45 am CCC History of Jazz Presentation and Performance with Paul Speidel 12:00 pm - Drop-in	<b>15</b> Wellness Clinic 9:30 - 11:30 am  Lunch 11:45 am  Oil Painting 1:00 pm	<b>16</b> Remembrance Rocks Craft 10:00 am  Lunch 11:45 am  Acrylic Painting 5	<b>17</b>  Lunch 11:45 am	<b>18</b> Basket Weaving w/Patty Batson 9:30 am  Lunch 11:45 am	<b>19</b> <b>COA Open House</b> 10:00 am - 1:00 pm <b>COME SEE WHAT'S NEW!</b>
<b>20</b>	<b>21</b> Lunch 11:45 am  Outdoor Chair Yoga with Mary Wilson 9:00 am	<b>22</b> Wellness Clinic 9:30 - 11:30 am  Lunch 11:45 am  Oil Painting 1:00 pm	<b>23</b> Beaded Butterfly Suncatcher Craft 10:00 am  Lunch 11:45 am  Acrylic Painting 5	<b>24</b>  Lunch 11:45 am  COA BOD Meeting 4:30 pm	<b>25</b>  Bereavement Support Group 10:00 am - 11:00 am  Lunch 11:45 am	<b>26</b>
<b>27</b>	<b>28</b>  Lunch 11:45 am	<b>29</b> Wellness Clinic 9:30 - 11:30 am  Lunch 11:45 am  Oil Painting 1:00 pm	<b>30</b> Patriotic Paper Star Craft 10:00 am  Lunch 11:45 am  Acrylic Painting 5	To get all the COA news the fastest way possible, sign up to receive your Carver COA newsletter by email instead of by mail at: <b>CarverCOANews@carverma.org.</b>		